



*Fighting Heart Disease & Stroke*

# EXERCISE FOR HEALTH SPECIALIST/EXERCISE PROFESSIONAL (FULL-TIME/PART-TIME)

# GALWAY

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## About Croí

Croí is an award-winning, not-for-profit, Irish Heart & Stroke Foundation based in Galway (Registered Charity Number: 20016616).

Our **vision** is an end to premature death or disability from cardiovascular disease in Ireland.

Our **mission** is to prevent heart disease and stroke, save lives, and empower and support people, families, communities and future generations to take control of their health and well-being.

Since its genesis in 1985, Croí has developed an expertise in cardiovascular disease and stroke prevention, early detection and intervention, and built a dynamic and energetic multi-disciplinary team, committed to excellence in all areas of our work, which has been recognised by a variety of national and international healthcare and innovation awards.

We are recruiting an **Exercise for Health Specialist/Exercise Professional**. Applications are invited from people who are passionate about working to support people with obesity and to prevent heart disease and stroke by supporting people to embrace physical activity and exercise as part of their lives. We invite applications from suitable applicants interested in a **Full-Time or Part-Time** role. **All applicants must be available to work at the Croí Heart & Stroke Centre all day on Wednesday and Thursdays at a minimum.**

Join us and make a real difference in the area of obesity, heart disease and stroke prevention and support, while working with a dynamic and progressive organisation.

If you want to work with an organisation that **believes** what you believe, are moved by the power of **purpose**, **care** about helping and supporting people, has great **ideas**, and are **passionate** about your future professional **growth**, we would love to hear from you!

## The Role

The primary focus of the role is to deliver exercise and physical activity input and high-quality person-centred support as part of an evidence-based cardiovascular health programme for people with obesity, the Croí CLANN Programme, weekly on Wednesdays and Thursdays. This programme has been delivered by the Croí multidisciplinary team since 2013 and is currently delivered in a 10-week hybrid format with input from a dietician, nurse and exercise professional. The programme utilises an online education portal, live weekly health promotion sessions covering a wide range of relevant topics, one to one assessment and support, and strategies for making and maintaining health related behaviour change. **The role is based in the Croí Heart & Stroke Centre, Newcastle, Galway.**

In addition to joining the CLANN Programme team, the role would ideally involve support for the wider Croí exercise and physical activity programme on a full-time basis, including a programme of specially designed activities for people affected by stroke and a range of exercise classes. We are open to discussing options for the role with suitable applicants. The successful candidate would work within a multi-disciplinary team including an Occupational Therapist, Exercise Physiologist and Nurses to deliver and contribute to the development of Croí programmes.

This position would be ideally suited to an exercise professional with qualifications and experience with special populations such as people with long-term conditions. The successful candidate will be passionate about person-centred services for obesity treatment and cardiovascular disease prevention. This position requires excellent technical and general

service delivery skills with a focus on quality and measurable outcomes. The ability to work both autonomously and in partnership with a multi-disciplinary team is essential.

### **Principal Duties & Responsibilities**

- Provide high-quality exercise and physical activity support for participants in the CLANN Programme and contribute to other aspects of the Croí physical activity and exercise programme.
- Carry out full clinical assessments before and after the programme, following set protocols - This includes assessing fitness, reviewing relevant medical history, and setting individual goals, while offering advice, support and guidance throughout the programme.
- Collect, record and manage participant and programme data accurately to support service evaluation and performance review, ensuring all assessments, education and interventions follow current best-practice guidelines.
- Plan, coordinate and deliver health promotion and supervised exercise sessions.
- Develop, manage and maintain exercise resources and programme content.
- Support participants to make lasting behaviour changes using evidence-based techniques such as motivational interviewing, brief interventions and goal setting.
- Take professional responsibility for all aspects of your work, following Croí Health Programmes' policies, protocols and best-practice standards.
- Maintain and develop your professional skills and knowledge through ongoing continuing professional development (CPD).

### **Skills & Competencies**

The post holder will be required to demonstrate:

- Strong knowledge of current best practice in obesity treatment and cardiovascular disease prevention and management.
- Ability to develop person-centred, evidence-based, exercise and treatment plans.
- Excellent communication and interpersonal skills.
- Ability to work independently and as part of a multidisciplinary team to deliver and develop services.
- Strong skills in exercise programme design and delivery, including group sessions.
- Self-motivated, proactive and adaptable, with confidence and flexibility in service delivery.
- Good IT skills, including email, Microsoft Office and basic database use.
- Strong written and presentation skills, including delivery of patient education sessions.
- Well organised, with good time management, problem-solving and planning skills.
- Commitment to quality improvement, audit and evidence-based practice.

### **Requirements**

The post holder must be suitably qualified as follows:

- Exercise for Health Specialist/Exercise Professional: REPs Ireland Certification in Long-Term Conditions Exercise Instructor category or equivalent.
- Be at least 5 years post registration/certification with at least 3 years' relevant experience.
- Demonstrated experience designing and delivering safe, effective exercise programmes for people with long-term conditions (e.g., cardiovascular, stroke, chronic diseases).
- Have the professional and administrative capacity to fulfil the functions of the role.

## Remuneration

An attractive and competitive remuneration package commensurate with experience is available for the right candidate. This can be a Full-Time or Part-Time position being offered initially as a fixed-term contract of one year with potential for extension.

Non-Pay Benefits Include:

- Supportive and positive team environment, with full induction provided
- Ongoing Learning, Training and Professional development opportunities
- Attractive annual leave entitlement plus 2 concession days on Good Friday & Christmas Eve
- Automatic enrolment in the new Government initiative pension savings
- Gold Certified Cycle Friendly Employer (EU Initiative)
- Supports for sustainable commuting, including Bike to Work Scheme, onsite showers, changing facilities and lockers
- Free onsite parking and EV charging points
- Employee Assistance Programme

**To apply, please send your CV with a cover letter to [careers@croi.ie](mailto:careers@croi.ie) by  
16:00 on Friday, February 27<sup>th</sup>**

For informal enquiries, please contact Dr Lisa Hynes, [lisah@croi.ie](mailto:lisah@croi.ie).

A desktop shortlisting process may be carried out prior to interview stage. Attendance at interview will be at the candidate's own expense.

This job profile will be subject to review in accordance with service developments and is neither restrictive nor definitive, but rather a guide to the general range of duties required.

To learn more about Croí, please visit [www.croi.ie](http://www.croi.ie).